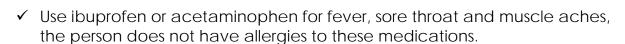
How to Take Care of Someone With Seasonal or Pandemic Flu

- Most people who are ill will need to be cared for at home.
- Vaccines or other medications may not be available.
- Care will consist of keeping the person as comfortable as possible.
 - ✓ Make sure the person drinks lots of fluids.
 - ✓ Make sure the person gets plenty of rest.



- ✓ Do not use aspirin in children (aspirin can cause Reye's syndrome in young children, a life threatening illness).
- ✓ Sponge with tepid (wrist-temperature) water fever will be lowered during sponging.
- ✓ Do not sponge with alcohol.
- ✓ Keep tissues and a trash bag within reach of the patient.
- ✓ Make sure all members of the household wash their hands frequently.
- ✓ Keep other family members and visitors away from the patient.

If the ill person is having difficulty breathing or if symptoms are getting worse contact a health care provider right away.